**Seahawks Swimming ~ July 2015**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **30** | **29**SR~6:45-9AM@EAg1~7-8:30 PM @ MAg2 ~ 5- 7 PM @ HessAg3 ~ 7-8:30 PM @ MAg4~5-6:30PM@HessSS1~4:00-5:00PM@HSS2~4:00-5:00PM@HSail~9-9:45AM@EDol~9:45-10:45AM@E | 30SR~6:45-9AM@EAg1 ~8-10 AM @ EAg2~8:30-10 AM @EAg3 ~10-11:30 AM@EAg4~8:45-10AM@E | **1**SR-6:45-9:00AM @EAg1 ~8-10 AM Ag2 ~ 9-10:30 AMSS1~10-11AM@ESS2~9-10AM@ESail~9-9:45AM@EDol~9:45-10:45AM@E***Dual @ MRA*** | 2SR~6:45-9:00AM@EAg1~8-10AM@EAg2~8:30-10AM@EAg3~10-11:30AM@E | *3*SR~5-7PM@HessAg1 ~ 7-8:30 PM @ MAg2 ~ 5-7 PM @ HAg3 ~ 7-8:30 PM @MAg4 ~ 7-8:30PM @ M SS1~4:00-5:00PM@HSS2~4:00-5:00PM@H | *4*SR~TBA |
| *5* | 6SR~6:45-9AM@EAg1~7-8:30 PM @ MAg2 ~ 5- 7 PM @ HessAg3 ~ 7-8:30 PM @ MAg4~5-6:30PM@HessSS1~4:00-5:00PM@HSS2~4:00-5:00PM@HSail~9-9:45AM@EDol~9:45-10:45AM@E | 7SR~6:45-9AM@EAg1 ~8-10 AM @ EAg2~8:30-10 AM @EAg3 ~10-11:30 AM@EAg4~8:45-10AM@E | **8**SR-6:45-9:00AM @EAg1 ~8-10 AM Ag2 ~ 9-10:30 AMSS1~10-11AM@ESS2~9-10AM@ESail~9-9:45AM@EDol~9:45-10:45AM@E***Dual @ OCCC*** | 9SR~6:45-9:00AM@EAg1~8-10AM@EAg2~8:30-10AM@EAg3~10-11:30AM@E | 10SR~5-7PM@HessAg1 ~ 7-8:30 PM @ MAg2 ~ 5-7 PM @ HAg3 ~ 7-8:30 PM @MAg4 ~ 7-8:30PM @ M SS1~4:00-5:00PM@HSS2~4:00-5:00PM@H**Pitt Meet** | 11SR~TBA**Pitt Meet** |
| **12****Pitt Meet** | 13SR~6:45-9AM@EAg1~7-8:30 PM @ MAg2 ~ 5- 7 PM @ HessAg3 ~ 7-8:30 PM @ MAg4~5-6:30PM@HessSS1~4:00-5:00PM@HSS2~4:00-5:00PM@HSail~9-9:45AM@EDol~9:45-10:45AM@E | 14SR~6:45-9AM@EAg1 ~8-10 AM @ EAg2~8:30-10 AM @EAg3 ~10-11:30 AM@EAg4~8:45-10AM@E | **15**SR-6:45-9:00AM @EAg1 ~8-10 AM Ag2 ~ 9-10:30 AMSS1~10-11AM@ESS2~9-10AM@ESail~9-9:45AM@EDol~9:45-10:45AM@E***Dual @ Mariners*** | **16**SR~6:45-9:00AM@EAg1~8-10AM@EAg2~8:30-10AM@EAg3~10-11:30AM@E **JOs** | **17**SR~5-7PM@HessAg1 ~ 7-8:30 PM @ MAg2 ~ 5-7 PM @ HAg3 ~ 7-8:30 PM @MAg4 ~ 7-8:30PM @ M SS1~4:00-5:00PM@HSS2~4:00-5:00PM@H**JOs** | **18**SR~TBA**JOs** |
| **19****JOs** | **20**SR~6:45-9AM@EAg1~7-8:30 PM @ MAg2 ~ 5- 7 PM @ HessAg3 ~ 7-8:30 PM @ MAg4~5-6:30PM@HessSS1~4:00-5:00PM@HSS2~4:00-5:00PM@HSail~9-9:45AM@EDol~9:45-10:45AM@E | 21SR~6:45-9AM@EAg1 ~8-10 AM @ EAg2~8:30-10 AM @EAg3 ~10-11:30 AM@EAg4~8:45-10AM@E | **22**SR-6:45-9:00AM @EAg1 ~8-10 AM Ag2 ~ 9-10:30 AMSS1~10-11AM@ESS2~9-10AM@ESail~9-9:45AM@EDol~9:45-10:45AM@E | **23**SR~6:45-9:00AM@EAg1~8-10AM@EAg2~8:30-10AM@EAg3~10-11:30AM@E | 24SR~5-7PM@HessAg1 ~ 7-8:30 PM @ MAg2 ~ 5-7 PM @ HAg3 ~ 7-8:30 PM @MAg4 ~ 7-8:30PM @ M SS1~4:00-5:00PM@HSS2~4:00-5:00PM@H | 25SR~TBA |

Practice Site codes: E=EHT M=Mainland H=Hess

## \*\*Make sure to pay attention to your email as practice may need to change

\*\* Monday July 27th will follow the same Monday schedule as the rest of July
\*\*League Champs are tentatively Tuesday July 28th